



Tips for a Healthy Life for Men

Eat a Nutritious Diet

“An apple a day keeps the doctor away.” There’s more truth to this saying than we once thought. What we eat and drink and what we don’t eat and drink can definitely make a difference to our health. You may feel that lots of meat and fried foods are more filling. They taste great but may not always be good for you. To start eating healthy, eat five or more servings of fruits and vegetables daily. Eating more fruits and vegetables and less saturated fat can improve your health and may reduce the risk of cancer and other chronic diseases. Have a balanced diet and watch how much you eat.

Maintain a Healthy Body Weight

Obesity is at an all time high in the United States. Obesity has risen at an epidemic rate during the past 20 years. Research indicates that the situation is worsening rather than improving. Overweight and obese men and women have increased health risks such as high blood pressure, heart disease, and stroke. Eat better, get regular exercise, and see your health care provider if you have health problems to make sure you are on the right track to health.

Get Regular Exercise

It doesn’t take a lot of time or money, but it does take commitment. Health is not merely the absence of disease; it’s a lifestyle. Start slowly, work up to a satisfactory level, and don’t overdo it. You can develop one routine or you can do something different every day. Thirty minutes of moderate physical activity on most days of the week is recommended. The goal of exercise is to be healthy, fit, and in shape. Despite the proven benefits of physical activity, more than 60 percent of American men and women do not get enough physical activity to provide health benefits. Find fun, interesting, and satisfying ways to stay in shape, to feel good, and to be healthy. Cutting the grass, jogging in the park, and gardening are a few examples to get you started.

Be Smoke Free

Are you a smoker who wants to quit? You know that smoking causes cancer. You know that smoking is addictive. Quitting today is the best choice for you. Men who smoke increase their risk of death from lung cancer by more than 22 times and from bronchitis and emphysema by nearly 10 times. Smoking also triples the risk of dying from heart disease among middle-aged men and women. Smoking even a few cigarettes a day can hurt your health. Quit today!

Get Regular Exams and Screenings

Sometimes it’s once a year. Other times it’s more or less often. Based on your age, health history, lifestyle, and other important issues, you and your health care provider can determine what and how often you need to be screened for prostate and colon cancer, high blood pressure, heart disease, diabetes, HIV/AIDS, and other health concerns. When problems are found early, your chances for treatment and cure are better. To be safe and healthy means you must actively participate in staying healthy and preventing disease. Regular exams and screenings can help save lives.

Get Appropriate Vaccinations

It’s not just a kid thing. Adults need them too. Some vaccinations are for everyone. Some are recommended if you work in certain jobs, have certain lifestyles, travel to certain places, or have certain conditions. Protect yourself from illness and disease.

Manage Stress

The nature of work is changing at whirlwind speed. Perhaps now more than ever before, job stress poses a threat to the health of workers and, in turn, to the health of organizations. The assumption that jobs affect only women’s families has given way to the recognition that men also have families, and that they, too, must balance obligations to their employers and their families. What’s your stress level today? Do you do what’s needed to protect your mental and physical health? After all, it’s all you really have.

Know Yourself and Your Risks

Our parents and ancestors help determine some of who we are. Our habits, work and home environment, and lifestyle also help to define our health and our risks. Being healthy means doing some homework, knowing yourself, and knowing what’s best for you ... because you are one of a kind. You may be at an increased risk for certain diseases or conditions because of what you do, where you work, and how you play.

Be Safe - Protect Yourself

What comes to mind when you think about safety and protecting yourself? Is it seat belts, sunscreen, helmets, or immunizations? It’s all of these and more. It’s everything from washing your hands to watching your relationships. Whether at work or at play, men often are at increased risk for injury. For example, males are about twice as likely as females to sustain a traumatic brain injury. Male workers die most frequently from motor vehicle incidents, machine-related injuries, homicides, and falls. Take steps to protect yourself and others.

Be Good to Yourself

Whether it’s getting enough sleep, relaxing after a stressful day, or enjoying a hobby, it’s important to take time to be good to yourself. Living healthy means having a lifestyle that includes balance at work, home, and play.